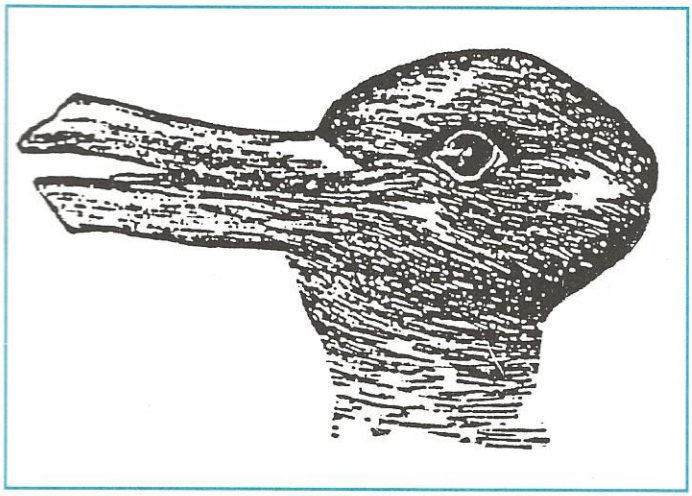
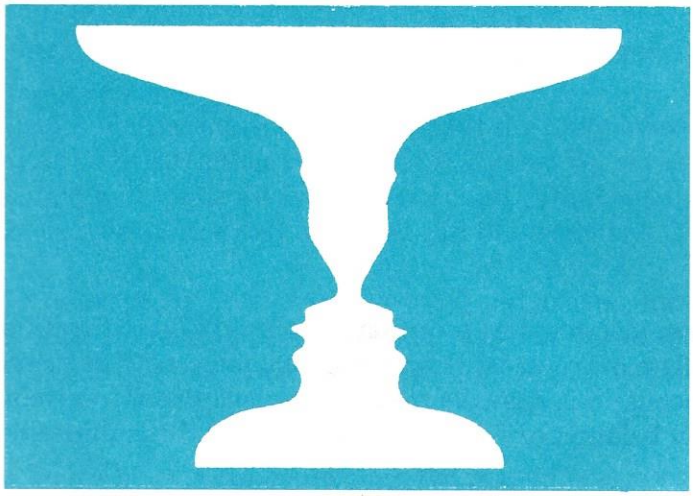
The following brain shift exercises can also help you become more adept at using both sides of your brain.



Try to shift from seeing the rabbit to the duck and back again.



What do you see first – a vase or a pair of profiles?

These kinds of mental aerobics not only enable us to use both sides of our brain more effectively, but also teach us to deal with right brain and left brain people. For instance, a professor who is left brain oriented will tend to be rigid in his grading policies. However, he will listen to logic and reason. By researching an ambiguous exam question and explaining to him why your answer could be right, you will win more times than not.